

2011 Flagstaff Senior Olympics

Registration Packet



Registration Deadline :
Friday, August 26th, 2011



Welcome to the 2011 Flagstaff Senior Olympics!

The City of Flagstaff Recreation Services Division is excited to offer this year's games! Thanks to all of you who have participated in the past, we had a great time & hope you did too!

This year's events will be held between Saturday, September 10th through Monday, October 10th! Hopefully this adjustment will allow more opportunities to participate in the games. We hope that this will give you more time to enjoy the cooler climate and wonderful mountain scenery of Flagstaff and Northern Arizona.

Schedule

Saturday, September 10th

8:00a.m. Archery

Fort Tuthill Archery Range
Rt. 89a & Fairgrounds Rd.

Friday, September 16th

9:00 a.m. Bowling

Starlite Lanes
3406 Route 66

Saturday, September 17th

9:00am Table Tennis

Joe C. Montoya Community and Senior Center
245 N. Thorpe Rd.

Monday, September 19th

4:00p.m. Billiards

Uptown Billiards
114 N. Leroux Rd.

Sunday, September 24th

9:00a.m. Tennis

Thorpe Park Tennis Courts
245 N. Thorpe Rd.

Friday, October 7th

9:00a.m. Weight Lifting

Joe C. Montoya Senior and Community Center
245 N. Thorpe Rd.

10:00a.m. Basketball

Thorpe Park Basketball Courts
245 N. Thorpe Rd.

Saturday, October 8th

9:00 a.m. Badminton

Flagstaff Aquaplex
1702 N. 4th St.

9:00 a.m. Aquatics

Flagstaff High School Pool
400 W. Elm St.

8:00 a.m. Track and Field

Sinagua Middle School
3905 E. Butler Ave.

Monday, October 10th

TBD Golf

TBD



FEES & ELIGIBILITY

Fees, age & gender

REGISTRATION & FEES

Each sport is \$15.00. You may choose as many events within a particular sport for the \$15.00 fee. There is no registration fee.

AGE & GENDER DIVISIONS

Medals will be offered for age categories in five-year increments: ages 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. In team sports the age of the youngest team member decides the age category in which the team will compete. To ensure adequate participation and competition, certain events may have to be combined into multi-year increments. In these cases, medals will still be awarded in the announced five-year increments.

For all activities, excluding coed sports, men and women will compete separately whenever possible.

ELIGIBILITY

All seniors, all events, 50 years of age as of September 10th, 2011.

We value your input! Please let us know which events you'd like to see added to our Senior Olympics.



ARCHERY

**Saturday, September 10th
Fort Tuthill Archery Range
Coconino County Fairgrounds**

Time: 8:00 a.m.

Entry Fee: \$15.00

EVENTS

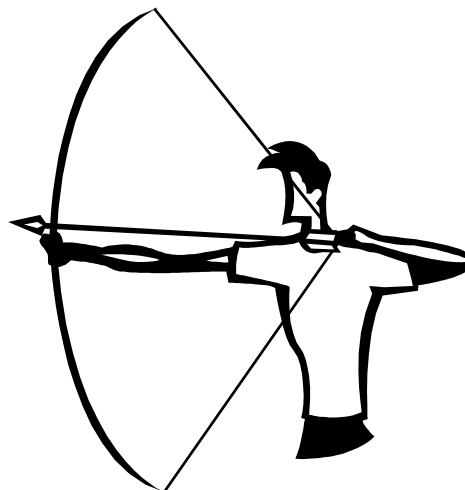
There will be two events.

1. In the morning will be a modified "International Round". We will be shooting three arrows each at 20 yards to 65 yards in 5 yard increments, but using whatever field targets we have in stock.
2. In the afternoon, we will have a marked yard-age 3-D course of 15 targets.

Practice will begin at 8:00a.m. and run to 8:45a.m. The morning shoot will run from 9:00a.m. to 12:00a.m. Lunch will be from 12:00p.m. to 1:00p.m. Lunch will NOT be provided.

The 3-d shoot will be from 1:30p.m. to 4:00p.m. with a shotgun start.

Additional information will be available at www.flagstaffarchers.org. Look for the link to the Senior Games.



BOWLING

Men's, Women's Single/Double's & Mixed

Friday, September 16th

Starlite Lanes 3406 E. Route 66

Time: 9:00 a.m.

Men's & Women's Single's

Men's & Women's Doubles

Mixed Doubles

Entry Fee: \$15.00 (includes any event within this sport)

Shoes will be available for rent with a fee. Please do not phone Starlite Lanes for information. Joe C. Montoya Community & Senior Center staff will be happy to answer all your questions, please call (928) 774-1068.



RULES

ABC and WIBC rules apply.

1. Bowlers will use their highest previous season's winter or summer '08 league average or current average based on a minimum of 21 games or more.
2. Entrants without an average will use 160 for men and 130 for women.
3. It is the entrant's responsibility to verify the accuracy of his or her average (list your average on the entry form).
4. Handicap will be based on 90% of the difference between the entrant's average and 200.
5. Per City Ordinance the bowling alley is non-smoking.

Complete rules can be found at:

<https://www.bowlingmembership.com>

TABLE TENNIS

Saturday, September 17th

Joe C. Montoya Community and Senior Center

245 N. Thorpe Rd.

Time: 9:00 a.m.

Entry Fee: \$15.00



EVENTS

Men's Intermediate Singles

Women's Intermediate Singles

Men's Advanced Singles & Women's Advanced Singles

Men Doubles

Women Doubles OR Mixed Doubles (1 woman/1 man)

RULES

FORMAT

1. Singles and Doubles 1st Round Matches are Round Robin.
2. All matches are best of 5 games, 11 point Games. Serve change every 2 points. If score is tied at 10, serve changes after each point. Game must be won by 2 points.

EQUIPMENT

1. Player's Paddles must meet USATT rules, with approved Red and Black Rubber. (<http://usatt.org>)
2. 40mm Three Star Orange Balls provided.
3. Non-marking indoor court shoes ONLY.

SPORT RULES

1. USATT/NSGARules apply except as noted here
2. USATT members must put USATT rating on Entry Form.
3. Players must wear solid color shirts. No orange.
4. 3 minute maximum for pre-game warm-up. Two minute maximum break between games.
5. Legal Service. The server must come to a complete stop, with the ball resting on the flat, open palm of their hand, ball and hand being visible above the table surface, behind the back line. The ball must be lofted at least higher than the net, or six inches, be visible at all times, and struck only in it's descent.

BILLIARDS

Singles; Double Elimination "8" Ball

Monday, September 19th

Uptown Billiards

114 N. Leroux Street

Time: 4:00 p.m.

Entry Fee: \$15.00 (includes any event within this sport)



FORMAT

Double elimination "8 Ball" tournament.

Matches will be "race to 3" and "race to 2" for women, unless Sport Commissioner determines modification is necessary due to number of players. There will be no "if match" should the winner of the losers bracket come all the way back and win. The final match will then determine the gold and silver medal winners.

RULES

1. There will be a ten (10) minute grace period on match times. After 10 minutes if a player is not present they will forfeit their match.
2. Billiard Congress of America rules will apply.

Complete rules can be found at:

<http://home.bca--pool.com>



TENNIS

Men's & Women's Single, Double & Mixed

Sunday, September 24th

Thorpe Park Tennis Courts

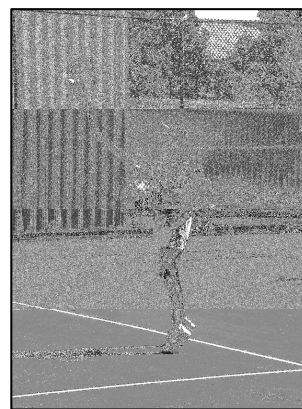
245 N. Thorpe Rd.

Times: 9:00 a.m.

Men's & Women's Singles

Men's & Women's Doubles

Entry Fee: \$15.00 (includes any event within this sport)



RULES

Tennis matches will be conducted in accordance with the United States Tennis Association (USTA) rules, except as modified herein.

1. There will be a one-minute break every two games and 2-minute break between sets.
2. Players playing in multiple events may play more than one match per day. Attempts will be made to schedule in such a manner as to avoid conflicts between events when possible. However, it is the responsibility of the player to make conflicts known to the Sport Commissioner with sufficient time in order to reschedule or withdraw.
3. Players will also have to play more than one match per day based on number of players.

Complete rules can be found at:

<http://www.usta.com>

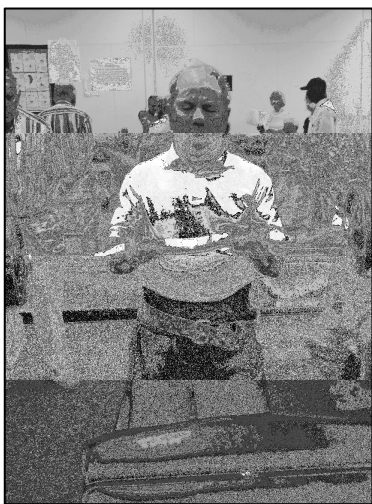
STRENGTH TRAINING

Bench Press, Leg Press, Arm Curls

Friday, October 7th
Joe C. Montoya Community
& Senior Center
245 N. Thorpe Rd.
Time: 9:00 a.m.
Entry Fee: \$15.00 (includes any events
within this sport)



Men and women will compete separately. Weight lifting training and experience is required for all of these events. **Events will include bench press, leg press and arm curls.**



RULES

The events will be run in accordance with APF rules.

1. Total scores for all three events will determine the winner in each age group.
2. Weight belts are recommended for some events.

Complete rules can be found at:
www.worldpowerliftingcongress.com

BASKETBALL

Free Throws and Three Point Shots

Friday, October 7th
Thorpe Park Basketball Courts
245 N. Thorpe Rd.
Time: 8:00 a.m.
Entry Fee: \$15.00 (includes any event
within this sport)



This is one event the novice can participate in!
Start practicing today!

Plan to join the fun and meet new friends, you may walk away with a medal!

Separate men's and women's divisions are offered. The three point and free throw competitions are offered as separate events.

RULES

The tournament will be conducted in accordance with the NCAA rules.

1. Each person will have 15 shots for the free throw competition
2. Three-point competition - each player will get three shots from 5 different locations (5 shots from the top and five shots from each side of the three point range).

Complete rules can be found at:

<http://www.ncaa.org/library/rules.html#basketball>

TRACK & FIELD

Track Events:

Saturday, October 8th

Sinagua High School

3950 E. Butler Ave.

Time: 8:00 a.m.

Entry Fee: \$15.00 (includes any event within this sport)

EVENTS OFFERED

50 Meters

100 Meters

200 Meters

400 Meters

800 Meters

1500 Meters

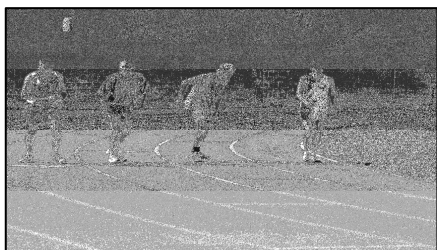
Standing Long Jump

Running Long Jump

3000 M Run

1500M Race Walk

3000M Race Walk



FIELD EVENTS OFFERED

Discus

Shot Put

Softball Throw



RULES

The events will be run in accordance with USTAF rules.

1. Participants may use 1/4" spikes or non-studded running shoes.
2. Field events will allow for four attempts.

Complete rules can be found at:

<http://www.usatf.org/>

SWIMMING

Saturday, October 8th

Flagstaff High School Pool

400 W. Elm St.

Time: 9:00 a.m.

Entry Fee: \$15.00 (all events within this sport)

Men and Women will compete separately. If necessary, age groups will be combined in 10-year increments.

Heats may also be combined, however medals will be awarded per age group.

50 Yard Freestyle

50 Yard Backstroke

50 Yard Breast Stroke

100 Yard Freestyle

50 Yard Butterfly

PLUS plan to join the ***FREE FUN RELAY!***

100 Yard Mixed Medley Relay (at least one female) * If you don't have a team, we'll try to form one at the event!



RULES

In accordance with U.S. Masters Swimming (USMS) rules.

1. For proper seeding of the meet, if you are a USMS swimmer, you must list your USMS # and your best event time(s) on your individual registration form.
2. The forward start may be taken from the starting blocks, the pool deck, or push from the wall. The Backstroke start must be taken from the wall. A false start will result in disqualification.
3. The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously.
4. The Backstroke and Freestyle events require some part of the body to touch the wall at each turn and finish.
5. The order of strokes in the mixed medley is Butterfly, Backstroke, Breaststroke and Freestyle.

Complete rules can be found at:

<http://www.usms.org/>

BADMINTON

Men's & Women's Single/Doubles and Mixed

Saturday, October 8th

Flagstaff Aquaplex

1702 N. Fourth St.

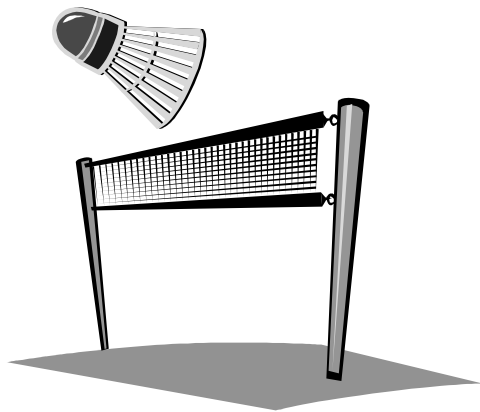
Time: Venue is open at 8:00 a.m. Events start at 9:00 a.m.

Entry Fee: \$15.00 is the total fee for all events within this sport.



RULES

The international standard rally point scoring for badminton will be used. A point is scored in each rally and the side winning the point serves to start the next rally. A game is to 21 points by a margin of 2 points or the first to 30 points. A match consists of the best of 3 games.



Complete rules can be found at:

www.usabadminton.org

GOLF

DATE

TBD

Time: TBA

Entry Fee: \$15.00 + Green's Fees including cart, payable to course.



*Please do not call the golf course, the Joe C. Montoya Community & Senior Center will be happy to help you with any questions you may have; please call (928) 774-1068 with any questions.

This is a stand-alone event; it will not qualify you for National Games.

Registration and Green's fees cover 1 round of golf including cart and medal (if one is earned), and a Senior Games tee shirt. There will be no monetary prizes awarded. Lunch will not be provided, however you may purchase food at Jotini's on the Green.

Please call Joe C. Montoya Community and Senior Center for format details.

Complete rules can be found at:

<http://www.usga.org/home/index.html>

Registration Fees

There are no registration fees this year. Each sport will have an entry fee of \$15.00 and will include any events within the sport. Please make all checks payable to “City of Flagstaff”. You will also be able to pay by credit card (see authorization form at the end of your registration form).

For 2012 Games information please contact the Joe C. Montoya Community & Senior Center and request to keep your name on our mailing list if you choose not to compete this year.

FAQ's

Q. When will the medals be awarded?

A. All medals will be awarded on site immediately following competition. Olympic style medallions will be awarded to 1st, 2nd & 3rd place finishers in each competitive category.

Q. Are Spectators and guests welcome?

A. Of course! The more the merrier! Family, friends and the general public are encouraged and invited to attend and support all participants.

Q. Are there state and national games?

A. The Arizona state games began in 1984 and are held every year. Along with the yearly competition, the committee has developed year round programs for senior athletes to continue training. For more information on the state games visit www.seniorgames.org. The National Senior Games have been held every two years beginning in 1984. For more information on the national games visit www.nsga.com.

**2011 CITY OF FLAGSTAFF SENIOR OLYMPICS
OFFICIAL ENTRY APPLICATION**

NAME _____ Date of Birth: _____
Last First

MAILING ADDRESS _____
Street and APT # City State Zip

PHONE NUMBER _____ EMAIL _____

EMERGENCY CONTACT NAME _____ PHONE NUMBER _____

GENDER: _____ MALE _____ FEMALE

T-SHIRT SIZE _____ (additional shirts may be purchased for \$10.00 ea)

RELEASE FROM LIABILITY AGREEMENT

For participation in the events and activities referred to as the Senior Olympics, and in consideration for the use of the buildings, facilities, services and property of the City of Flagstaff, Arizona ("City"), or any other properties or facilities located throughout the City which may accommodate the events comprising the Senior Olympics, the undersigned person (s) hereby fully releases, discharges and holds harmless the City, its officials, officers, employees, agents and volunteers, from all liability for any claims, demands, damages, causes of action, or proceedings, brought by anyone and in any way arising from personal injury, losses or property damage resulting from participation in said events and activities, and even if resulting from the acts or omissions of other participants in the Senior Olympics.

I hereby declare that I am physically fit and fully capable of participating in the Senior Olympics at the level I choose. I fully understand that it is my personal responsibility to learn, comprehend and obey the rules for each activity or event. I fully understand that I am free to remove myself from participation in any event or activity at any time I choose to do so.

I hereby consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by medical personnel or other personnel associated with the events and activities of the Senior Olympics. I acknowledge, fully understand and voluntarily assume all risks associated with my participation in the events and activities of the Senior Olympics, which risks include serious physical injury, permanent disability and death.

I hereby grant to the City full permission to own and to use my photograph, picture, likeness and /or voice transmission or recording in any official documentary, promotional representation (including any and all advertisement), television, radio, or film coverage of the Senior Olympics without monetary compensation therefore.

I hereby acknowledge that the City is located at 7,000 feet in elevation. I fully understand that physical activity and athletic competition at such an elevation can be unusually strenuous. I further acknowledge and understand that the City recommends that all participants consult a qualified physician prior to practice and preparation for, and participation in the Senior Olympics.

I, the undersigned, have FULLY READ THIS AGREEMENT, AND FULLY UNDERSTAND AND AGREE TO RELEASE THE CITY FROM LIABILITY FOR PERSONAL INJURY, and WRONGFUL DEATH OR PROPERTY DAMAGE.

SIGNATURE _____
DATE _____



REGISTRATION FORM

Please check each sport you wish to participate in, as well as the individual events that may be included within the support.

Saturday, September 10th

_____ **ARCHERY** \$15.00

Friday, September 16th

_____ **BOWLING** \$15.00 **Partners must register separately**

___ Men's Singles

___ Women's Singles

___ Mixed Doubles/Partner's name

___ Men's Doubles/Partners name

___ Women's Doubles/Partners name

Saturday, September 17th

_____ **TABLE TENNIS** \$15.00

___ Men's Intermediate Singles

___ Men's Advanced Singles

___ Women's Intermediate Singles

___ Women's Advanced Singles

___ Mixed Doubles/Partner's name

___ Men's Doubles/Partners name

___ Women's Doubles/Partners name

Monday, September 19th

_____ **BILLIARDS** \$15.00

Sunday, September 24th

_____ **TENNIS** \$15.00 **Partners must register separately**

___ Men's Singles

___ Women's Singles

___ Men's Doubles/Partners name

___ Women's Doubles/Partners name

___ Mixed Doubles/Partners name

CONTINUED...



Friday, October 7th

_____ **STRENGTH TRAINING \$15.00**

_____ **BASKETBALL \$15.00**

_____ Free Throws

_____ Basketball Three-Point Shots

Saturday, October 8th

_____ **FIELD EVENTS \$15.00**

_____ Discus

_____ Shot Put

_____ Softball Throw

_____ **TRACK \$15.00**

_____ 50 Meters

_____ 100 Meters

_____ 200 Meters

_____ 400 Meters

_____ 800 Meters

_____ 1500 Meters

_____ 3000 Meter Run

_____ 1500 M. Race-walk

_____ 3000 M Race-walk

_____ Standing Long Jump

_____ Running Long Jump

_____ **SWIMMING \$15.00**

Best event time/required if you have a USMS#

_____ 50 Yard Freestyle

_____ 100 Yard Freestyle

_____ 50 Yard Back stroke

_____ 50 Yard Butterfly

_____ 50 Yard Breast Stroke

_____ 100 Yard Mixed Medley Relay (At least one female)*

* If you don't have a team, we can try to form some at the event.

_____ **BADMINTON \$15.00 Partners must register separately.**

_____ Men's Singles

_____ Women's Singles

_____ Mixed Doubles/Partner's name _____

_____ Women's Doubles/Partner's name _____

_____ Men's Doubles/ Partner's name _____

Monday, October 17th

_____ **GOLF \$15 (additional green fees apply)**



CONTINUED...



***PLEASE REMEMBER EACH SPORT IS \$15.00**
YOU DO NOT NEED TO PAY FOR EACH EVENT
WITHIN THE SPORT*

NUMBER OF SPORTS _____
NUMBER OF ADDITIONAL SHIRTS _____

GRAND TOTAL\$ _____

Entries should be mailed to:
Senior Olympics
Joe C. Montoya Community and Senior Center
245 N. Thorpe Rd.
Flagstaff, AZ 86001

Please make checks payable to the **“City of Flagstaff”**.

Credit Card Authorization

☐ **Visa** ☐ **Mastercard** ☐ **Discover**

Credit Card # _____

Expiration Date _____

Signature _____

Call the Joe C. Montoya Community & Senior Center
(928) 774-1068 with any questions

